

PSYCHIATRIST

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Newsletter of the Southern California Psychiatric Society

President's Column

Farewell Column - Thanks for the Memories

David Fogelson, M.D.



I have loved my year as President; it has been rewarding in so many ways. As President I was given the opportunity to think more deeply about issues that touch our patients and colleagues lives.

The long meetings and travel have proved rewarding, surrounded as I have been by gifted colleagues, who have lofty goals, who are inspiring in their tireless commitment to advocacy for our patients and our profession. I am proud of our advocacy and our efforts to educate our colleagues, patients, and the public.

We have done much in Southern California and California, and I applaud all of you for your fine efforts!

I have so many thank yous to extend before I get to official commendations and awards: first and foremost, thank you to **Mindi Thelen**, our Executive Director, who makes SCPS the strong and enduring organization that you see today and to **Tim Thelen**, able bodied Executive Assistant and videographer extraordinaire.

Thank you to my cabinet of Officers and members of Council, committee chairs and members.

Thank you to **Daniel Willick**, legal counsel, who is the oral historian of all that pertains to the safe operation of our organization amidst many legal shoals; he has kept us from many major potential ship wrecks!

Thank you to all of my colleagues who have chosen to serve SCPS in the past, present, and future; who have given unselfishly of their time.

There are so many unsung heroes, all sharing a great commitment to helping our patients with mental disorders and addictions. I applaud all of you.

Thank you to **Maryanne Schaepper** and **Larry Lawrence**, Past Presidents; **Stephen Solding**, Immediate Past President, and **Heather Silverman**, President-elect; all of whom have shared lead-

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ership tips and advice; without their guidance my term as President would have been greatly diminished.

A special thanks to **Anita Red** for encouraging me to assume the office of President; I would not have done so without her encouragement on more than one occasion.

To the minds who hold our collective history: **Ron Thurston, Rod Shaner, Larry Gross**; for the invaluable perspective they have given us on so many important legislative and policy issues.

I want to highlight some of the accomplishments of colleagues, SCPS, and CPA this past year.

The Psychopharm Update was a resounding success with over 170 in attendance. We heard an Update on Bipolar Disorders by Joseph Goldberg, a Review of Pharmacogenomics by Gerald Maguire; A summary of the Pharmacology of Marijuana by Itai Danovitch; and an Update on Eating Disorders by Joel Yager. These were terrific lectures. The conference was a wonderful opportunity to catch up with old friends. We owe **Michael Gales and the Program Committee** a big round of applause.

The ADHD Update featuring Ned Hallowell and Michael Enenbach of UCLA. There were over 80 in attendance. Once again big kudos to Michael Gales and the Program Committee.

Laura's Law, strongly supported by CPA, was implemented this year by Los Angeles County officials...Laura's law is court-ordered intensive outpatient treatment for people with serious mental illness. The plan creates 300 new treatment slots for people with serious mental health issues and allows hiring to begin for mental health workers to reach out to potential patients. In some cases, the county can seek a court order to require treatment. **Bill Arroyo** will be instrumental in operationalizing this plan.

The many activities of the Art of Psychiatric Medicine Committee including an oral history of Southern California Psychiatry; more on this when I present my special commendations.

Enforcement of Parity; successful lobbying by CPA saw to it that the state legislature provided funding for enforcement of parity.

Revitalization of the Resident-Fellow Members committee; we saw **Galya Rees** take the leadership role in re-establishing the committee. More on this under special commendations.

SCPS partnered with NAMI in support of the NAMI walk LA. NAMI Walks raise funds that provide educational and counseling services to our patients and their families and advocate for improving their treatment in the mental health system.

SCPS, encouraged by Tim Murphy and the CPA, facilitated a vigorous discussion of Senate Bill 128, "The End of Life Bill," and provided input to the CPA which in turn gave input to the CMA.

SCPS participated in APA Engage 2014; an APA representative spoke to us. We were encouraged to schedule a meeting with our representatives; attend a town hall meeting or meet and greet event; attend a political fundraiser; call or send our representative an electronic message; and contribute to APAPAC. APAPAC is psychiatry's bipartisan voice on Capitol Hill.

And here are my wishes for the upcoming council year:

Let us enter the New Year with renewed hope and optimism; we have already accomplished much.

Let us resolve to continue to contribute to the welfare of our patients

To continue to contribute to educating the public about psychiatry

To enhancing our therapeutic tools with scientifically based research findings

To continue to be a respected voice in Sacramento, spearheaded by our lobbyist **Randall Hagar**

That we will find synergies with other medical disciplines; immunology, endocrinology, neurology; and that we will advance the understanding of the inter-relatedness of our disciplines

That we will have educational conferences based on these synergies

That we will be an active voice in LA County's integration of mental and medical care delivery

That Psychiatry will not only enhance the mental health of our patients but will enhance the whole body health of our patients.

In conclusion I would like to present to you my Presidential Commendation Awards.

First to, **Kenneth Wells**; Center Director at UCLA and Senior Scientist at Rand; I honor him for his ground breaking research in how health service systems and financing affect clinical outcomes; Ken was instrumental in developing the Agency for Health Care Research and Quality (the AHRQ) efforts to improve the quality of care of depressed patients in primary care settings. He is the recipient of numerous research grants and honors. I thank him for his dedication to improving the clinical outcomes of our patients.

To **Michelle Furuta**; I honor Michelle for her creating a thriving new committee, the Art of Psychiatric Medicine Committee which filled an unmet need in our organization; members have responded with enthusiasm to the programs she has spearheaded, including programs where members expressed themselves in collage and music; most recently she is leading an initiative to create a video archive of the oral history of seminal leaders in Southern California Psychiatry; I am grateful for her energy and enthusiasm; I am grateful for her creative thinking; I am grateful for her ability to stimulate deep thinking about so many aspects of what we do; I am grateful for her enlarging our community; for all these reasons I present her with this Presidential commendation.

To **Ira Lesser**; a friend and a mentor; we go way back; we first met in the 1980s when we conducted research into the treatment of Panic Disorder and Agoraphobia; later I came to know Ira as the consummate leader of the Harbor UCLA Psychiatry Program, respected as a leader and educator. But today I do not honor him for all these accomplishments but rather for what he does for impaired physicians; Ira has been instrumental in creating and supporting vehicles for caring for impaired physicians: In 1989 he became chair of Harbor's Physician and Well-being Committee; he holds that position to this day; He has given over 30 presentations related to caring for impaired physicians. He has been associated with CPPPH the California Public Protection and Physician Health organization, the only statewide program operating to help and protect impaired physicians since the Board of Medical Quality Assurance has abdicated this role. He has helped to create programs for physicians with substance abuse, mental illness, and cognitive impairments. For his work in supporting the health of our colleagues, I present Ira with this commendation.

To **Michael Gales**; I honor him for providing us with our life blood; he keeps us on the straight and narrow path to success year in and year out; he keeps us up to date; all with good humor; he is an indefatigable member of SCPS who contributes so much so selflessly; He is our very own Meryl Streep when it comes to receiving accolades by his peers. All well-deserved for so many years of dedicated service as chairman of the Program Committee, as a past President, as an Assembly Rep, and as a councillor. Thank you Michael.

And last but not least: SCPS presents a special award to **Galya Rees** for her tireless work in reactivating and revitalizing the Resident-Fellow Members committee. Galya is helping RFMs understand the importance and relevance of organized psychiatry to their practice and to their patients. Her training has provided her with a diverse

talent base that she utilizes in her work. Did you know that she is a biomedical informatics specialist? That means she is a biomedical engineer. Did you know that she graduated summa cum laude from college in business administration? Did you know that she was a stewardess for El Al Airlines? As one of her clinical supervisors at UCLA, I can tell you she draws upon all these experiences as she endeavors to provide the best care to her patients and exemplary service to her professional organization. Galya we are fortunate to count you as one of our own! Thank you for all that you have done this year.

All that is left to say is thank you. Thanks for the memories.

Letter from the Editor

NAMIWalks Again Colleen Copelan, M.D.



As usual, it's the Ventura County chapter of the National Alliance on Mental Illness that kicks off the NAMIWalk season in Southern California. It all happened on a sunny day at the beach, Saturday, May 2.

Three out of our 5 County Supervisors attended the Walk--one is even co-chair--perhaps the best showing of supervisorial support in California.

NAMIWalks are healthy fundraisers for NAMI's local mental health support programs, raising money and awareness and reducing stigma.

The Southern California Psychiatric Society is an annual sponsor for all NAMIWalks in our 5-county district branch. This year, the Ventura County Medical Association joined in sponsoring our Ventura walk. Can you get your county medical association to kick in?

You can join NAMI as an individual for a mere \$35 annually. You get national, state and county membership, and all the newsletters you can read. Go to NAMI.org. It's a great way to connect. cocopelan@aol.com



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LGBT Issues Committee Meeting

Sunday, June 7, 2015

Private residence (Please email Stan Harris, MD DLFAPA, Committee Chair,
at seh52@yahoo.com for address.)

10:30 am Brunch social

11 am: Committee Meeting

Agenda:

1. Introductions
2. Discuss plans for Committee
3. Presentation by Peter Ureste, MD, LAC+USC PGY-III resident: He will speak about his work with the newly developed LGBTA Advisory Committee at LAC+USC whose mission is to promote a tolerant and inclusive workplace environment.

Dr. Peter Ureste is a native of Southern California. He has a B.A. degree in Community Health from Portland State University in Oregon. He went to medical school at the University of Illinois College of Medicine, where he was part of an extended curriculum throughout M1-M4 years that focused on disparities in health care access and outcomes, policy and advocacy, and intercultural communication called the Urban Medicine Program. He was also part of the Patient-Centered Medicine Scholars Program that further exposed him to working with culturally and socioeconomically diverse patients. He had the privilege of being a Gold Humanism Honor Society Scholar. Dr. Ureste is currently in his third year of general psychiatry residency training at USC/LAC+USC. He serves as a delegate in the Committee of Interns and Residents (CIR), the largest housestaff union in the country that advocates for improving salaries and working conditions through collective bargaining, education and training interns and residents, and improving patient care. Dr. Ureste helped obtain funding for exercise and fitness equipment for LAC's psychiatric inpatient hospital so patients may be more physically active. Dr. Ureste currently mentors USC LGBT and Latino medical students and volunteers on a panel for premedical college students who are underrepresented minorities in medicine. He is part of the newly developed LGBTA Advisory Committee at LAC+USC whose mission is to promote a tolerant and inclusive workplace environment. He plans to pursue geriatric psychiatry fellowship training and aspires a future in academic medicine.

The LGBT Committee's Charge:

1. **Support gay, lesbian, bi and trans members.**
2. **Educate SCPS members, Committee members and members-in-training.**
3. **Enhance education in Southern California training programs.**
4. **Serve as an SCPS resource for clinical consultation and referral.**
5. **Address local gay, lesbian, bi and trans public mental health issues.**

Burn us at the stake: Comments on a Commentary by Edward Shorter (by Eric M. Plakun)

Dear SCPS member As you know I am a passionate advocate of the need to ensure that PSYCHOTHERAPY, the “soul” of psychiatry, remains an essential part of the identity of psychiatrists. I was very happy to see that during the 2014 APA Annual meeting in NYC, the inaugural meeting of the newly established APA Psychotherapy Caucus took place under the able leadership of Eric M. Plakun, MD. I am encouraging you to try to attend the upcoming meeting of the Caucus on Wednesday May 20th at 1:00PM during the APA Toronto meeting. For more information the full package of the Caucus can be emailed to you from SCPS upon request.

Maria T Lymberis, MD.,DLFAPA, FACPpsych

A Commentary by Toronto based historian of psychiatry, Edward Shorter, PhD has just been published in *Psychiatric Times*. Dr. Shorter’s provocative comments often but not always miss the mark, but nowhere are they more offensive, misinformed and misguided than in his attack on the biopsychosocial model and on psychoanalysis, which he compares to witchcraft. He asserts that the mental health system would benefit if both of these were dropped.

Dr. Shorter sees the medical model as the answer and the biopsychosocial model as the problem, and joins those who see a bright future in finding biomarkers for mental disorders. Here he is entitled to his own opinion, but not to his own facts, and the facts do not support replacing the biopsychosocial model with a biomedical one. It is “both/and” rather than “either/or,” biology and psychosocial. After all, despite much searching, no reliable biomarkers for mental disorders have been found (including the dexamethasone suppression test referred to by Shorter), and the search has been compared to that for the Holy Grail. The Genome Wide Association Studies that explore genetic underpinnings of common mental disorders like depression have taught us that heritability of depression is complex, with no genes and only one single nucleotide polymorphism (SNP) associated with depression—and that one SNP is located in what the researchers acknowledge is a “gene desert.” Meanwhile, Tully has shown us that mothers who are depressed during childrearing tend to have depressed children whether the children share maternal genes or are adopted. In schizophrenia over 125 potential genetic loci have been found, but what has become clear is that genes alone are not the answer. Environmental (aka psychosocial) factors matter a great deal. I addressed this kind of assault on the biopsychosocial model recently in a book review of Nassir Ghaemi’s On Depression. Genetics in psychiatry has given way to a paradigm-shifting focus on gene-by-environment interactions—so called epigenetics. And I would suggest that “epigenetics” is another way of saying “biopsychosocial”—biology and genes interact in complex ways with environmental psychosocial factors—both adverse and positive experiences. Relationships matter. I appreciate that a non-clinician like Shorter would like the answers to be simple, medical, and genetic, but the science isn’t moving in that direction—just as in the last century the appealing simplicity of Newtonian physics ultimately had to give way to the complicated truth of the theory of relativity. Space and time, like people, are complex and context dependent.

Shorter’s attack on psychoanalysis is particularly puzzling though not unfamiliar, again a stance shared by Ghaemi, but likening psychoanalysis to witchcraft? Kernberg and his group that developed and demonstrated the efficacy of Transference Focused Psychotherapy for borderline patients are a coven of witches? Fonagy and Bateman for their work on Mentalization Based Therapy are also designated as practitioners of witchcraft? And what about incoming Riggs medical director/CEO Andrew Gerber’s publication of a meta-analysis of over 90 studies of psychodynamic psychotherapy showing that psychodynamic therapy works? Or Leichsenring and Rabung’s meta-analysis of 23 studies of Long Term Psychodynamic Psychotherapy (LTPP) demonstrating that the average patient receiving LTPP for complex and persistent major depressive disorder was better off than 96% of patients receiving other treatments? Why does Shorter overlook these studies or the assertion of Nobel Prize winning neurobiologist Eric Kandel that psychoanalysis is the most nuanced and sophisticated theory of mind we have? Dr. Shorter’s historian colleagues long ago taught us a painful lesson from the seventeenth century. That is, when we fear something and don’t understand it, we are at risk to call it witchcraft—and, if we get lost enough in fear and ignorance, we may burn its practitioners at the stake—much to our own eventual shame and mortification. This kind of prejudice has no place in our field, and those blinded by it certainly deserve our respect as fellow humans, but not our admiration for their ideas.

This was first posted as a blog piece at www.austenriggs.org

*The second annual meeting of the
American Psychiatric Association*

Psychotherapy Caucus

*will be held in Toronto during the
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Council Highlights

April 9, 2015

Erick Cheung, M.D., *Secretary*



Minutes from the March 2015 meeting were approved by council.

President's Report (Dr. Heather Silverman):

Dr. Silverman invited ongoing discussion about SB128 (Assisted Suicide Bill). Concern was voiced about decision making and involvement of specific providers, stability, durability, reliability of those involved.

Concerns were voiced about the complications related to "assisted suicide" and conflict with the 5150 law. Dr. Shaner voiced emphasis about articulating the reasons for why the organization might take a stance of "neutral". Council discussed the possibility of polling the membership regarding to their opinion, and furthermore the value of CPA vs SCPS performing the polling and seeking member engagement. Many councilmembers articulated agreement about the need to engage members and to value their opinions. Dr. Gross emphasized the need to protect the roles of psychiatrists in assessing for mental illness and advocating for protection and safety of individuals who suffer mental illness.

Dr. Shaner made a motion that "SCPS urges CPA to assess the membership opinion regarding SB128 and to make the results public." The motion was seconded by Dr. Furuta.

Following further discussion, Dr. Thurston made an amendment to make the poll/assessment about the concepts of SB128 rather than the actual bill. He articulated concerns about the way an actual bill can change during the legislative process, and others voiced concern about committing to the specific language in a bill that may eventually change. A vote was taken on the original motion: 10 yes votes, and 4 no votes.

A vote was taken regarding the amended motion: "SCPS recommends CPA to proactively assess the CPA membership opinion regarding the concepts of SB128, and to make the results public." Vote results: 14 yes votes, and 0 no votes.

Council discussed a request from USC psychiatric residents for \$500 grant to support the orientation or other functions. Discussed the interest of SCPS in promoting the organization to residencies and encouraging residents to join as members. Dr. Shaner made a motion "to provide a grant of \$500 to USC with the condition that they schedule at least 1 hour to discuss APA/CPA/SCPS as presented by the SCPS president or his designee". Motion seconded by Soldinger, Vote was taken and unanimously supported.

Dr. Silverman discussed the GLBT committee and need to appoint a chair to the GLBT committee. Council discussed importance of the committee and evolving goals. Appointment letter of Stan Harris will be issued at the start of next presidency.

A reminder was made that the next SCPS meeting will be held May 7th. The installation will be held May 2, 2015, 3:00 PM - 7:00 PM, at Le Merigot Beach Hotel, and the speaker and awardee will be Marvin J. Southard, D.S.W., Director, Los Angeles County Department of Mental Health. Dr. Fogelson, and other Councillors, noted the contributions that Dr. Southard has made to mental health services in Los Angeles and California, and the support he has provided for quality psychiatric services.

Dr. Shaner provided an update on the potential for Court 95 to utilize Teletestimony; a pilot proposal was created whereby the Psychiatrist would be available by telephone two hours in advance of the hearing, and available by video for the actual hearing. Discussed the opposition by the public defender's office with the notion that it is to the "advantage" of the public defender proposed conservatee to not make it any easier for psychiatrists to attend conservatorship hearings. Judge Bianco decided to hold off on the pilot for 6 months and to re-consider the pilot at that time. Council discussed potentially re-invigorating the effort with NAMI, and writing to the LA County Board of Supervisors. Council will place it on the agenda with SCPS/NAMI meeting and following up.

Discussed an invitation extended to SCPS to attend the CAPP reception (coalition to protect MICRA). SCPS has been a strong and active supporter and advocate of MICRA. Dr. Sheth plans to attend the reception.

Treasurer's Report (Dr. Duriez):

A review of current financial status of the organization was presented. A motion was made, seconded, and approved to accept the treasurer's report. Discussed tax return, and the revisions to include changes in the election process to involve email.

Membership Report (Ms. Thelen):

Current membership is 988, previous was 984. The following individuals were recommended for action: New MIT: Kimberly Brown MD, Paul Chung MD.

A motion was made to accept the membership committee's recommendations, seconded, and approved.

Legislative Report (Thurston):

Reported on SGR and approval in the US House of Representatives, though stalled in the Senate. CMS has a proposed rule that would align mental health and substance abuse parity benefits. California SB128 passed the senate judicial committee. Discussed California's efforts to enforce federal parity rules. Discussed concerns related to the current status of foster children and regulators' response, discussed the poor media portrayal of the situation.

Assembly Report (Dr. Schaepper):

Gave a brief summary regarding the preview of action papers for next assembly meeting, including: addressing required mental health leaves of absence in colleges; to discuss new position statement on firearms, mental illness, and violence; change ECP status to 8 years rather than 7 years; action papers regarding to access to care; impact of climate change on mental health; mental health court hearings.

Dr. Solding reminded council that APA is in full support and an active advocate of the effort to repeal the federal SGR. From APA CEO and Medical Director Saul Levin, M.D., M.P.A. 3/26/15 APA press release, "APA strongly supports the bipartisan legislation the House passed and will continue to partner with the AMA and the other medical societies to urge all Senators to vote yes to send the bill to President Obama, who has already said he would sign it."

Program Committee Report (Dr. Gales): ADD/ADHD program is scheduled for Saturday April 18th. Planning is under way for the next psychopharmacology meeting.

New Business: Dr. Lymberis provided an update on the PER meeting which received enthusiastic feedback. Discussed the concept of having a meeting / discussion regarding the topic of "love," featuring the movie "The Theory of Everything."

Old Business: Dr. Bonds updated that Didi Hirsch will likely be able to host a Fall 2015 job fair for MITs and ECPs. The meeting was adjourned by Dr. Silverman at 9:30 PM.

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Hellenic American Psychiatric Association

HAPA 16th Annual Meeting

Tuesday May 19th 2015, Toronto

6:00PM- 8:00PM: Fairmont Royal York Hotel
Confederation 3 Room, Mezzanine

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SCPS' ADHD: Assessment, Interventions and Management, April 18, 2015 with Ned Halloway, M.D. and Michael Enenbach, M.D.



Ned Halloway, M.D.



Michael Enenbach, M.D.



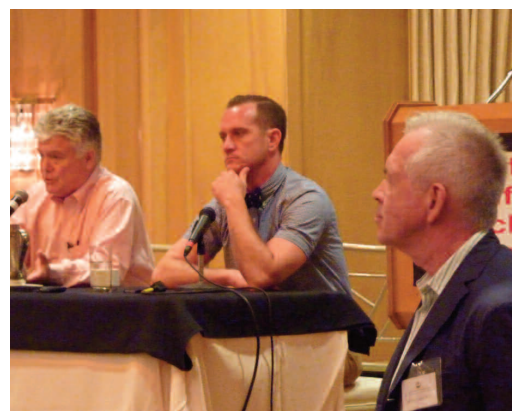
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Attendees listen to Dr. Halloway



Dr. Halloway and Dr. Enenbach field questions



Panel with Program Chair and Moderator, Michael Gales, M.D.

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